September 11, 2020
Issue #21

Acupuncturist Henry Buchtel

The Crazy Wisdom Weekly

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

Letter From the Editor

Welcome to September! September is my favorite month of the year. I not only celebrate my birthday, and my husband's birthday, and our wedding anniversary, but it has also, for the last 20 years, been the restart of having a consistent schedule after summer break from school.

Like many, I flourish with a consistent schedule. My day doesn't have to be scheduled to the minute, but I like waking up and knowing what my day will look like. This year has been a year of unexpected happenings—a trial for those of us who like to plan for the future. My hope is that if you are one of my flock, you've been able to find some consistency in the inconsistency, too.

Even though I am a scheduler, I remind myself often, that good things happen in the unexpected, too. I've been trying to say yes to things more often than no, and not get stuck in the space of "but" or "if". The pandemic has taught me a lot about myself, and I am moving forward with things I have long planned, but never scheduled.

I'd love to hear from you about the dreams and goals you've moved forward on during our "great pause." You can write to me at jennifer@crazywisdom.net.

Jennifer Carson

Art by Jennifer Carson. See more at furandfeatherfriends.com

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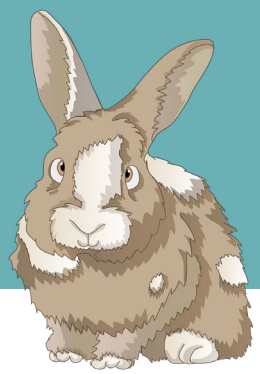

WE ARE OPEN!

Crazy Wisdom is committed to doing our part to prevent the continued spread of Covid-19.

The safety and well-being of our staff and guests is our priority.

New Hours:
Monday-Saturday 11-7
Sunday 12-5
734.665.2757
crazywisdom.net

We are closely following the workplace safety guidelines based on the Michigan Occupational Safety & Health Administration and the U.S. Centers for Disease Control, including:

- **requiring masks, staff & customers**
- **physical barriers at check-out**
- **social distancing of at least six feet**
- **limiting the number of customers to 10**
- **hand sanitizer available for staff and customers**
- **enhanced regular cleaning and sanitizing protocols**
- **closure of second floor and closure of public restroom**

Thank you for being patient with us as we navigate these uncertain times!

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Cathy King
Pauline Loewenhardt
Henry Buchtel
Lisa Neuman
Peggy River-Singer
Angela Madaras
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky

word of the week:

Nudiustertian

Two days ago
(the day before yesterday, in fact).

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Become A Master Rain Gardener

What is a Rain Garden, and Why Would You Want One?

By Pauline Loewenhardt

Did you know your home address includes your watershed? Everyone lives in a watershed, defined as all the land that is drained by the river system of that watershed. This is the big picture behind efforts to keep our streams, creeks, and rivers clean and flowing. It is also something we can all get involved in, regardless of if we live in a big apartment complex or a house of any size.

Yes, there are some big polluters, but the major source of pollution to our creeks, ponds, and streams is stormwater runoff from impervious surfaces. Impervious surfaces are streets, sidewalks, driveways, parking lots, and roofs of homes and other buildings. Water runs off these surfaces and into the storm drains, as opposed to pervious surfaces like forests where rain can soak into the ground.

As rainwater flows over developed land it picks up a variety of pollutants, including eroded soil, trash, dog waste, fertilizers, and pesticides from our lawns and gardens, automobile fluids that leak onto streets such as brake fluid which contains trace metals and chemicals. When this polluted rainwater washes into the storm sewer, it goes straight into the streams and rivers of our watershed.

Protecting the quality of our water is everyone's job. One of the ways we can protect water is to support the installation of rain gardens. A rain garden is a bowl-shaped bio retention system devised to mimic systems found in nature. Before settlers cleared the land and built communities, rain was naturally filtered through soils, roots, and plants in our native forests, wetlands, and meadows. Rain gardens originated in Prince George's County, Maryland, and developed in conjunction with the University of Maryland in the mid-90s, and have since spread all over the country. They are featured in many other countries as well.

If you are interested in learning more, sign up for the fall Master Rain Garden class, which during the pandemic, is free of charge. You will earn your certificate by taking the class and building a rain garden. You will also receive a free Master Rain Gardener T-shirt, and be able to help friends and neighbors learn about, design, and install a rain garden. What we are after, says Susan Bryan, the Washtenaw County Rain Garden Coordinator, is the "ripple effect," where word spreads among those who become involved after seeing a neighbor's rain garden. If you go to the Washtenaw County site you can view the class syllabus, and some fun videos with singing and dancing about rain gardens and what they do.

Bryan developed the Master Rain Gardener program and has spread it to six other municipalities. You can drive or walk along Miller Avenue in Ann Arbor and see the rain gardens she designed for that community. Perhaps you have noticed one in your neighborhood? Your neighbor would probably be happy to talk to you and answer your questions. Bryan has a Master of Landscape Architecture degree from the University of Michigan and is a Master Gardener, and past President of Wild Ones. You can contact her at bryans@washtenawcounty.org.

Sign up to become a Master Rain Gardener!

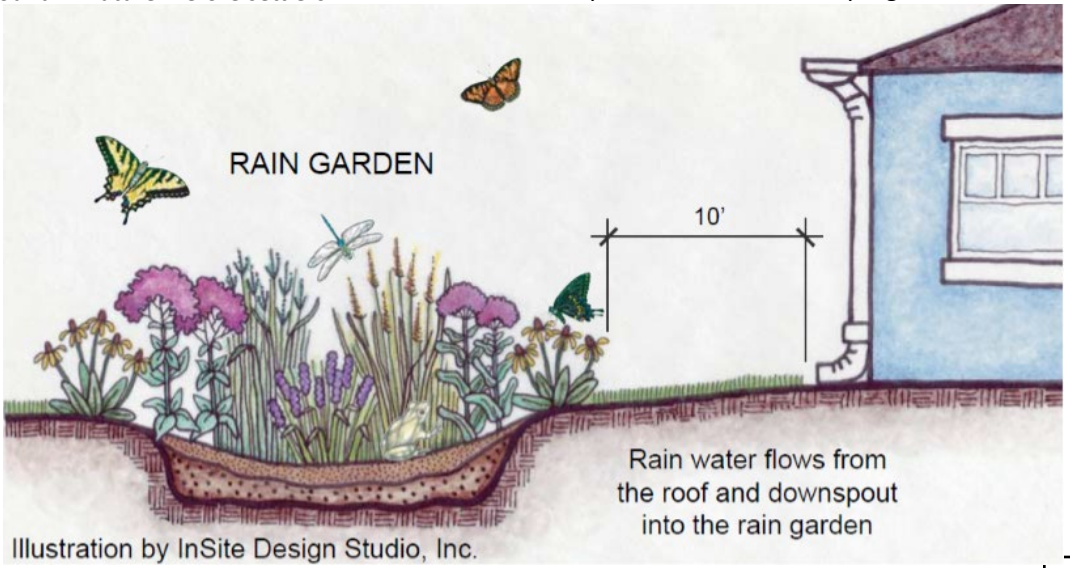


Illustration by InSite Design Studio, Inc.

What's Up in Our Community

Join us for a little peek into the lives of some of our community members. This week we asked acupunturist Henry Buchtel a few questions about his business and life during covid.

Buchtel picking up a flat of native plants from Adapt Ecology to "re-wild his yard."

What's the most difficult thing personally that you had to deal with during this time of stay-at-home orders and limited openings? How did you cope?

Am I essential? Do I provide services that people rely on? Being hit with this professional question in the midst of an emergency led to a little bit of an existential crisis, which resolved only when my patients themselves expressed how important the treatments were to them.

Besides that first scary week in March, however, where it seemed that the virus might be anywhere and out of my control, I feel fortunate overall to have experienced the pandemic primarily as a big pause, a big timeout—which brought with it an opportunity to reconsider where I wanted to put my energies.

In my case that meant reorienting myself to be more "local." More time with my family, more focus on my home and garden and the surrounding environment, and more focus on my local community and local issues. I've spent the last several years volunteering for state-level issues (which I have no regrets about), but I'm excited about "bringing things home," so to speak, and keeping my attention here for the next decade or two!

How have you had to pivot your business during this pandemic to continue taking care of clients?

Acupuncturists have always been aware of the possibility of infection, so that awareness is training into our practice from the start.

The big pivot was from focusing primarily on blood-born pathogens, to mitigating the risk of an airborne virus. That has required some practical changes in our practice and in the patients' experience. Instead of just performing clean-needle technique to prevent cross-infection, we are now doing "the big four:" prescreening, masking, disinfecting, and filtering!

My colleague Meagan Bretz and I now do all initial visits over Telehealth, which has been surprisingly effective and welcomed, and we built extra time into the schedule for cleaning the rooms between appointments.

I wish we could still have patients come early and drink tea in the waiting room, but instead we ask them to call from their car, and then come in to get their temperature taken, after which they go directly to their treatment room.

By this point they will have already answered the Covid screening questionnaire, but additional steps help protect the health of our staff and other patients from the chance of any of us being asymptotic carriers. Masks are required, of course, and new equipment filters the air during and between each patient visit.

The combination of all of these have given me the confidence to practice knowing that I'm protecting my patients, colleagues, and family to the greatest extent possible.

How can acupuncture help someone cope with the stress and/or fear of illness?

Decision-fatigue is a real thing! Trying to assess risk and make decisions demands a lot from the body and the mind, and many people feel like they are trying to do that every day.

Yesterday I happened to be reading through a new meta-analysis of acupuncture during IVF, which concluded that beyond the positive effects on fertility, there was also a significant reduction in anxiety—equivalent to the positive results of doing group therapy.

Results like that reinforce what many acupuncturists and patients have already observed, that regardless of the primary issue that is being addressed, the experience of getting regular acupuncture treatments is highly relaxing and de-stressing.

We always take the time to talk with patients before doing a treatment. I consider that to be an essential diagnostic step, but I don't doubt that it also helps with stress. Voicing one's concerns in a therapeutic environment is often the first step toward letting go of any unnecessary concerns, and identifying the important ones.

It's in the acupuncture treatment itself where a lot of the magic happens, though, as parasympathetic activation allows "fight or flight" to give way to "rest and digest." I choose certain acupuncture points, in particular those on the ears, specifically to elicit this relaxing effect. Modern research into the external innervation of the vagus nerve, which only occurs on the external ear, has helped us flesh out the anatomical mechanism for these traditional approaches.

The East Asian concepts of bringing Qi into empty channels, or of releasing it where it is stuck, predate our contemporary usage of the word "stress," but the end result is the same—a move toward free thoughts and easy actions.

What inspired you to practice acupuncture?

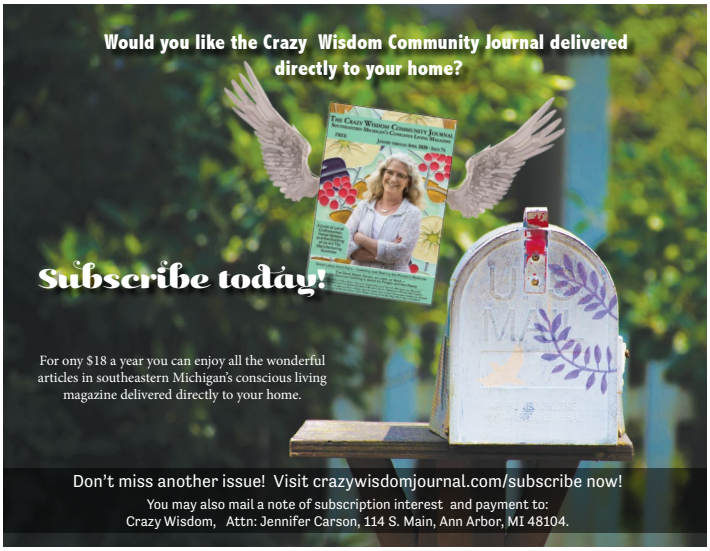
I didn't start out wanting to do acupuncture, I started out wanting to do qigong! It just so happened that I moved to China in 2001, however, which meant that no-one was willing to teach me qigong due to its associations with falungong (this was just two years after the political crackdown on the group).

Acupuncture, tuina, and herbal medicine were the backup plan. I can't complain though, as twenty years later I've realized that qigong is best learned at one's own pace, and that (in both the US and China) it is easier to support a family as an acupuncturist!

How do you unwind after a day at the office?

I'm writing this during late summer, so that's an easy one... I've learned not to rush indoors after getting home from work, but rather to take a walk around first (no mask!) and get the colors and shapes and patterns of nature in my eyes and ears.

We are still in the midst of beautiful weather! Let's take our time and enjoy it.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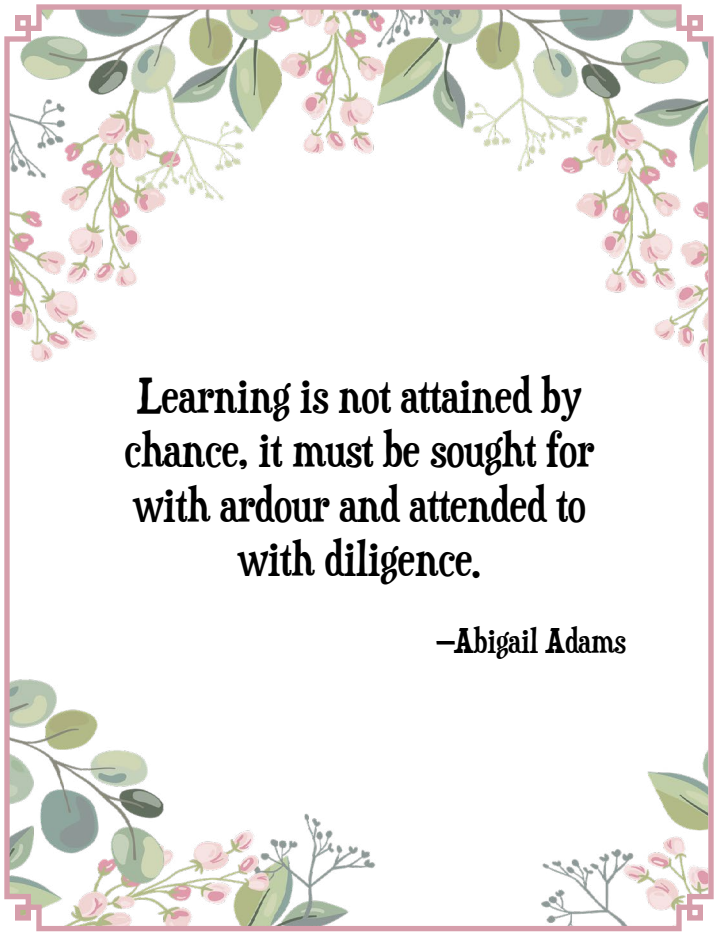


THE CRAZY WISDOM COMMUNITY JOURNAL
SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE
FREE
SEPTEMBER THROUGH DECEMBER 2020 - ISSUE 75
25th Anniversary Issue
THE CRAZY WISDOM CALENDAR
MAY through AUGUST 1997
THE CRAZY WISDOM COMMUNITY JOURNAL
The Crazy Wisdom Interview with U-M Professor Richard Mann
THE CRAZY WISDOM COMMUNITY JOURNAL
ANN ARBOR'S HOLISTIC MAGAZINE
MAY THROUGH AUGUST 2009
Community Supported Agriculture ~
THE CRAZY WISDOM COMMUNITY JOURNAL
ANN ARBOR'S HOLISTIC MAGAZINE
SEPTEMBER THROUGH DECEMBER 2012
The Spark that Started Blue Turtle Nature Program —
The New Left of the 1960s Turns 50
The Crazy Wisdom Interview with Malcolm Sickels, M.D.
Hello World, Welcome to Ann Arbor
Shamanism, Power Animals, and the Stretched Mind
Leading Lights from the Community (and from our previous covers)
Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and also online!

From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited eight well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Cathy King.

Cathy King

Cathy King started Frog Holler Farm with her husband, Ken King, in 1972 and has lived and worked there ever since. After Ken's passing, their three sons—Billy, Kenny, and Edwin King—have continued to grow organic produce at the farm, helped out by a changing array of enthusiastic and committed young people. The King Family also created and oversees Holler Fest—a farm, music, and arts festival in the Irish Hills, Michigan (45 minutes southwest of Ann Arbor). Now in its 13th year, the event takes place at Frog Holler. The goal of Holler Fest is to form sustainable relationships between artists and communities, food and consumers, the land and the people. She and Ken were on our cover in 2009, in a story on CSA's and organic farms in the area.

Did you develop any new habits during these months of stay-at-home orders and social distancing, or because of fear of exposure to Covid-19?

No, I'm fortunate to live and work on a beautiful piece of land and I stay home a lot anyway.

How have you handled this unique time in your life? Have you found yourself getting lonely, and if you have, how have you helped yourself to feel better? What gifts or blessings have come your way during these months, and what has been hardest?

I'm also fortunate to live with my family and their partners and close friends. We have a solid farm crew that we see regularly and really appreciate. And we are very busy, so I have not been lonely and appreciate all of their dedication and company.

How do you see your work life changing as a result of this period in your life?

Not at all except I'm getting older!

Have you indulged in any guilty pleasures while in quarantine? If yes, what?

Not really—not that I'm a saint. Just busy. Okay—this is a guilty "not pleasure"— checking the news too often to see if anyone in the present government has come to their senses yet. Not hopeful.

When you were a child, what did you dream of becoming as an adult?

I dreamed of being a veterinarian and then a dancer.

What inspired you to become an organic grower?

"The sixties" and the vision and determination of my late husband, Ken King.

What do you think is the most fascinating or profound aspect (or aspects) of this pandemic, and its effects on our culture and country?

Hopefully, we will not retreat from the realization of the wide disparity that has steadily and insidiously crept into our culture in the areas of justice, health care, income, and more, I'm sure. That inequality has been painfully highlighted during Covid-19 and the pandemic era. I hope we don't go back to comfortable normalcy and that our culture and country support leadership that is empathic, selfless, and humane.

—Cathy King

Did your childhood dreams manifest in your adult life? How?

I am still an animal lover and live on land that was bought from the Gesells, who worked for more humane treatment of animals in research, and whose daughter started the Animal Welfare Institute. I feel an obligation to their legacy and I also care for our spoiled little flock of laying hens and farm pets. And I'm fortunate to be able to dance to my son's and many talented musicians' music at local venues and at our music festival, Holler Fest, (now cancelled until 2021).

What will have changed in your life permanently due to covid-19?

Still waiting to find out.

Read more articles from our current issue online!

The Power of Passage

Upcoming Adrian Center for the Arts Exhibit is a Healing Tribute

By Lisa Nueman

The Adrian Center for the Arts and Hospice of Lenawee formed a unique partnership to help those grieving the loss of a loved one. The results will be displayed in a heartwarming exhibit: “Power of Passage,” September 13 – Oct. 23.

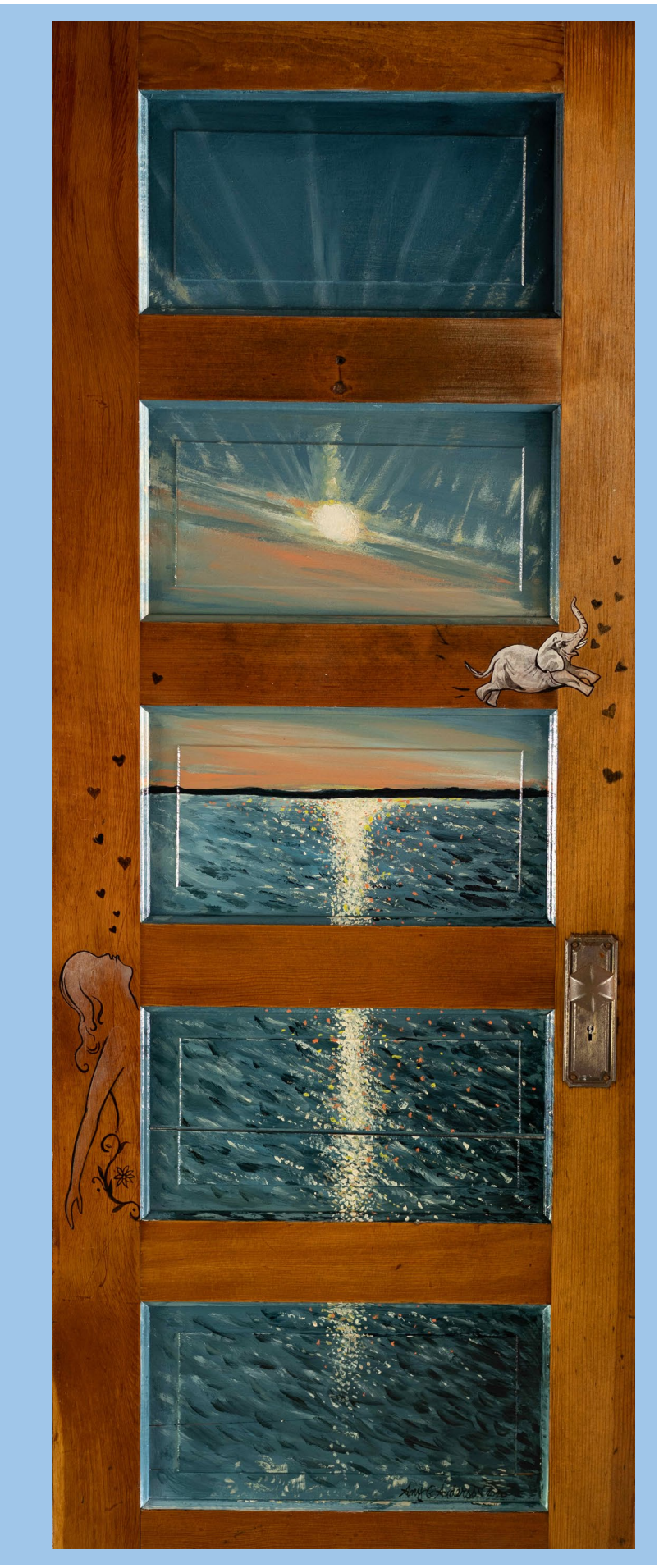
Twenty-seven artists paired with 27 families who lost loved ones and were a part of the Hospice Grief Support Group. Under the direction of Grief Counselor Dotty Ruesink Huls, of Toledo’s Victory Center, families identified traits and experiences that defined their loved ones. ACA member artists used this information to create an individual repurposed door for each family. The doors, which symbolize passage, will be displayed outside of the ACA Gallery from September 13 – 20. The public is welcome to stop at the ACA to view the doors anytime that week.

“This was a project with results beyond expectations,” said ACA Programming Director, Pi Benio. “The families and the artists were both awed by the powerful discussions and the process of letting go that took place.”

Inside the Gallery, collages created by the families along with a photo of the corresponding door will remain displayed through October 30. Gallery hours are Thursdays and Fridays, 1 – 4 p.m., and Saturdays from 10 a.m. to 1p.m., or by appointment.

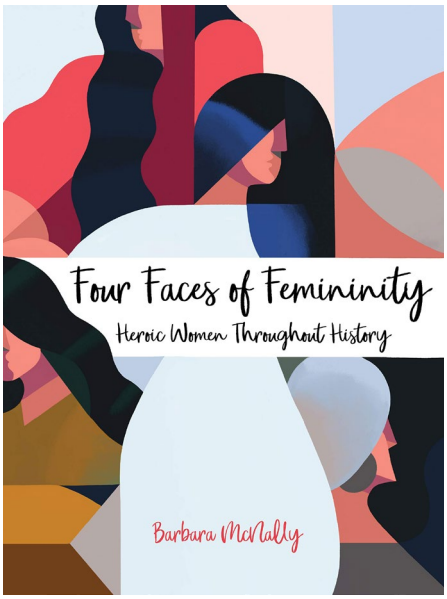
“The partnership with the artists was an excellent way to show that creating remembrance can be an important step in the grief process,” said Sharon VanTuyle, Director of the Hospice of Lenawee Grief Support program.

The Power of Passage project was partially funded through a grant from the Sage Foundation. The exhibit can also be viewed on-line beginning September 20. Visit www.adriancenterforthearts.org under the heading, Gallery.



Crazy Wisdom Book Pick of the Week

By Sarah Newland



Four Faces of Femininit: Heroic Women Throughout History by Barbara McNally

Four Faces of Femininity tells the story of remarkable women who, through their creativity, passion, intelligence, and sheer determination, have left an indelible mark on the history of humankind.

The book is divided into four sections, with figures placed in Mother, Lover, Warrior, or Sage. Accessible, informative, and uplifting, *Four Faces of Femininity* explores the many ways in which women have changed the course of history—and demonstrates how crucial it is that women from every background be provided with role models that inspire.

The book includes questions for exploration to help modern multifaceted women see these qualities in themselves and balance them to lead a fuller life.

Purchase your copy of *Four Faces of Femininity* at shopcrazywisdom.com.

Thank you to the wonderful staff that has kept this important part of the Ann Arbor community strong all of these years.

Linda S. Bender, ACSW, LMSW
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Healing Nectar Arts
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Created by: Evelyn Ann Barber, an educator of over 30 years, with a MA in Human Development, Leadership in Education, a BA in Child Development, and is a Certified Child Life Specialist. She is a passionate voice in education and healthcare settings and advocate for the health and wellbeing of children and families. Learn more at healingnectararts.com

Compasstionate Self-Care Cards and Posters are designed to offer a gateway for people to explore and share their experiences and emotions while building connections of trust and safety for healthier life skills, coping skills, and relationships one person at a time. The cards include positive affirmations and open-ended questions to promote healthy mental and emotional self-care.

healingnectararts.com

COMFORT FOOD

By Angela Madaras

Tomato Flatbread "Pizza Pie"

Ingredients:

Flatbread,pizza dough, or Phyllo dough
Olive oil
1-2 Heirloom tomatoes
10 Cherry tomatoes
1/2 Cup chopped sweet peppers
1/2 Cup sliced green pepper
1/2 Cup sliced mushrooms
1/2 Cup sliced red onion or shallot
Handul or fresh thyme, basil leaves, and /or oregano
1 TBLS mince garlic
8 ouces of goat cheese

Directions:

The amounts of ingredients listed should make a 9X14 inch square pie.

Take the flatbread out of its container and thaw if frozen. Place it on a baking sheet lined with parchment paper.

Add to the flatbread a drizzle of olive oil and smooth it over all the bread in a light layer. Add to the top in any fashion your prefer 1-2 heirloom tomatoes sliced and 10 cherry tomatoes cut in half, 1 cup chopped sweet peppers, ½ cup sliced green peppers (could throw some hot pepper in the mix, too), ½ cup sliced mushrooms (any type or a combo), ½ cup sliced red onions or shallots, and fresh thyme and basil leaves you pull off the vine. I use scissors and cut the basil into smaller pieces. Oregano works well, too.

Then add 1 tablespoon fresh or packaged minced garlic and 8 ounces goat cheese or whatever good melting cheese you have on hand. I always have a few ends of cheese in the freezer and grind them in the food processor for a blend.

Bake in the oven for 12 minutes at 350 degrees.

Variations: Use any kind of tomatoes you like. You can even use dried, but soak them overnight in water first. The same goes for all other ingredients. Use what needs to be used first. I also like to put a thin layer of pesto on the bread before I add oil. Prosciutto, olives, pepperonchinis, and anchovies work well, too.

You can also use plain pizza dough and make any shape you prefer. If you have patience, try using Phyllo dough!

Look a Little Deeper

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From Our Blog–Squirrels: Beyond the Cute

By Peggy River-Singer

Squirrels. They're everywhere. They're so common that you kind of block them out after a while. Then one day you're driving along minding your own business, and suddenly one of the furry hoodlums sprints across the road right in front of your car. It's almost like he was actually waiting for your car so he could give you a heart attack as you desperately try to avoid squashing him without causing an accident! What was that little maniac thinking, anyway? Prepare to be amazed.

Home Sweet Home

Tree cavity dens are choice real estate in the squirrel world, but you're much more likely to spot leaf nests (dreys) in trees—yesterday I counted eleven, just at one corner of our property. Each squirrel builds several dreys in his or her territory, and uses them to get out of the rain, to hide before a hawk spots them, for storage, and for naps. Designs range from simple platforms to sophisticated "pent-houses" so well-built they can last as long as ten years.

Nothing Beats Nuts For Fine Dining

My apartment is in prime squirrel habitat on the eastern edge of Ford Lake. Occasionally, we see Red and Gray Squirrels; but big, flashy Fox Squirrels are in charge. We have lots of black walnut trees where I live, and squirrels love the nuts. Unfortunately, walnuts are encased in a tough green husk when they fall from the tree and gnawing through the husk and then the hard-as-stone shell to get to the nut meat takes up valuable time and energy. So, the squirrels bury the walnuts in the loose soil of my flower bed, then dig them up months later. By that time, the pesky husk has rotted away.

Squirrel-ologists at UC Berkeley offered Fox Squirrels several different kinds of nuts. The squirrels toted the nuts home [where tiny cameras were waiting] and went through them with all the concentra-tion of a trick-or-treater organizing his candy loot. First they separated the almonds, walnuts, hazel-nuts, and peanuts into piles. Then they organized them according to size, quality, perishability, nutri-tious value, and (presumably) how well they liked each kind. Finally, the nuts were transferred to several nests which featured different storage conditions, or they were buried. Splitting up the food stashes helps make sure that even if some of the nuts are stolen, there will still be plenty left, and the whole process helps the squirrels recall what they've got where.

But Wait, There's More...

"Don't just waltz in here and try to start conversations with total strangers! Be. Become. Then the sharing will flow."

This excellent advice came from a Red Squirrel named Tuu-liss. I was new at animal communication back then, and thought I would practice with him because I'd seen him during previous visits to his lakeside home. I hadn't been expecting to be schooled by a master, but I'll never forget the lesson.

Years earlier, I met a squirrel elder who showed me an ugly tumor on his body. I offered to get him veterinary care, but he declined. He had dedicated his life to downloading toxic energies and pro-cessing them, transmuting them within his body, for the greater good.

I used to feed both birds and squirrels with a mixture of oatmeal, peanut butter, and raisins in the winter; and it was very popular. One day a big female squirrel elder I called Mama was sitting on my fence with her back to me, and I saw a fungal infection on her skin. I began to put out extra oatmeal mix to make sure she was getting enough to eat. A month later, Mama showed me that her bare patch had grown, and the skin was painfully inflamed. Finally, I realized what she was trying to tell me: the food might have been kindly meant, but it was not what squirrels are supposed to eat; and it was making her—and probably other squirrels as well—very sick. I felt devastated.

I replaced the mix with small dishes of water containing Bach flower essences. One day in early spring, I looked out the window and there was Mama on the fence. She showed me that her skin was now almost completely normal, and the fur was growing back. She looked over her shoulder at me, and for just that moment we connected heart to heart, and her big brown eyes were full of gratitude and love for the healing essences I had offered. Another lesson learned.

The Rest of the Story

This article begins with squirrels and cars. I've asked about this, and have been told that it's partly a squirrel game. It can also be a gift to the humans involved: the sudden shock pulls our attention away from our distracted thinking and back into our body (where our attention should be when we are driving). And, it reminds us that humans are not the only species that matters.

Squirrels have a unique ability to captivate and inspire humans. By simply going through their daily lives, they remind us of the importance of balancing work and play, rest and activity, to plan for the future while living in the moment, and to remember that life offers so much more than the structures of our daily routines. That's quite a bit of wisdom in a small furry package.

Read how our kindness column writer was saved by the squirrels in our current issue!

Crazy Wisdom Poetry Series

Hosted by Joe Kelty, Ed Morin, and David Jibson

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for the Zoom link.

Second Wednesdays, 7-9 p.m. Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m. Featured Reader(s) for 50 minutes. Open Mic reading follows for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured Reader: Dunya Mikhail

Dunya Mikhail is an Iraqi-American whose five books of poems address themes of war, exile, and loss. She has received Guggenheim and Kresge fellowships, the Arab American Book Award, and the U.N. Human Rights Award. She currently teaches Arabic language at Oakland University. Her reading will be bilingual.

7:00 PM - 8:45 PM • Wednesday, September 23, 2020

Email cwpoetrycircle@gmail.com for Zoom link.

Featured reader is followed by Open Mic reading. • FREE. All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by Joe Kelty, Ed Morin, & Dave Jibson. See our blog at cwcircle.poetry.blog.

The Crazy Wisdom weekly Calendar

Health and Wellness

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) • September 13 • 1 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Kabbalah for Couples • September 13 • 3 p.m. • This is not couples therapy. This is for basically good relationships that both parties are willing to work on, to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (rather than one hour), one time per month, for about a year, can help you get your relationship to the place that you always wanted it to be but did not know how. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Brand New Beginning Kabbalah: Kabbalah Miracles • September 16 • 10 a.m. or 7:30 p.m. • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy RESISTING (for example, exercise, meditation, eating and/or drinking healthily), we utilize that liberated energy for CREATING, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifestors of our dreams, desires, and goals, open to MIRACLES, and fulfilling our destinies. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Online Workshops

"Weekly Zohar (The Book of Radiance)" Study • September 20 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual

knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • September 18 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Shamanism

Shamanic Animal Healing • September 15 • 7 p.m. • In seven weeks, explore unique perspectives for animal healing that draw upon core shamanic practices as well as other traditions. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Pre- requisite: students must know how to journey. Knowledge of animal communication not necessary. Class is online every Tuesday for 7 weeks. Fee is $325/$280 if paid by Sept. 1, 2020. For more information contact Judy Ramsey at 734-665-3202 or ramsey.judy003@yahoo.com or visit her online at Judyramsey.net.

Meditation, Yoga, and Martial Arts

RYT-200 Yoga Teacher Training • September 12 • 8:30 a.m. • Verapose Yoga is a Registered Yoga Teacher Training School with the Yoga Alliance. Upon completion of the requirements, you may register with the Yoga Alliance as a Registered Yoga Teacher (RYT-200). Join us for our 200 Hour YTT to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. Small class size; space is limited, to provide high quality instruction and support. Contact us today for an Application! Form ore information contact Courtney Fitzpatrick by emailing Courtney@veraposeyoga.com or visit Verapose Yoga online at veraposeyoga.com.

Virtual Group Therapy

Mindfulness-Based Cognitive Therapy Group for Those Age 60 plus with Mariko A Foulk LMSW, and Halla Motawi LMSW • September 23 • 7 p.m • 8 weekly group therapy sessions, evidence-based, to prevent relapse of depression/anxiety. Form ore information coall 734-764-2556.

Writing and Poetry

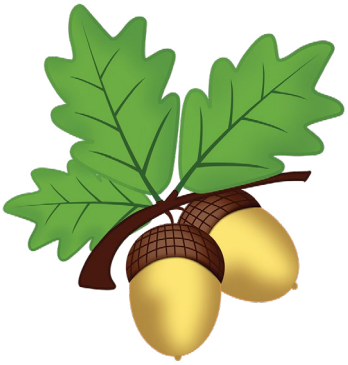
Crazy Wisdom Poetry Series • September 23 • 7 p.m. • Poetry Reading. Featured reader: Dunya Mikhail. Followed by open mic. Email: cwpoetrycircle@gmail.com for more information. Email cwpoetrycircle@gmail.com for the Zoom link.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!



He who is best prepared can best serve
in his moment of inspiration.
—Samuel Taylor Coleridge
Photo by Dušan Smetana on unsplash.com